

KS3 PE

Super Curriculum

Welcome to the PE Super Curriculum!

Below, you'll discover a variety of activities designed to challenge and extend your learning beyond the classroom curriculum.

Take a look at the below to stretch your knowledge and understanding in KS3 sport!

Read



- Armistice Runner by Tom Palmer (Combines running with historical fiction).
- Rugby Spirit by Gerard Siggins (A mix of rugby, history, and adventure)
- Kick by Mitch Johnson (More suitable for Year 8/9 - A story of, resilience, and chasing football dreams in Jakarta).

Watch



- Watch a sports match and focus on the decision making, tactics and performance analysis.
- Watch your national team compete at the highest level, Olympic games, World cup etc. Opportunity to develop a deeper understanding of elite sport.

Listen



- Football For Kids: Features inspiring, true stories of football stars like Marcus Rashford and Dani Olmo.
- Sports Squad (Fun Kids): Focuses on staying active and interviews with sports personalities.
- Super Sports Stories for Kids: Immersive 5-minute, high-energy stories about famous, historic sports moments.
- In The Game: A podcast specifically designed for kids interested in sports.
- It's Only Kids Football: A podcast about grassroots football and the journey of young players.
- Dreamtime Sports: Offers bedtime stories focused on sports.

Do



- Take part in an internal extra-curricular club
- Join an internal club
- Join an external club
- Become a sports leader
- Set SMART fitness goals and track progress
- Learn positional tactics by watching professional matches to help learn and develop own game play.
- Take on different roles in lessons, coach, team captain etc
- Apply to be a House Captain